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Case Study

EFFECT OF *VAMANA KARMA* IN HYPOTHYROIDISM

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ABSTRACT

Background: Hypothyroidism is one of the metabolic and lifestyle diseases that is having a high prevalence worldwide. The clinical presentation of hypothyroidism includes tiredness, more sensitivity to cold, constipation, dry skin, weight gain, a puffy face, a hoarse voice, coarse hair and skin, muscle weakness, muscle aches, tenderness and stiffness, menstrual cycles that are heavier than usual or irregular, thinning hair, a slowed heart rate (bradycardia), depression, and memory problems. In the Ayurvedic perspective, these symptoms can be correlated to *Jatharagni* and *Dhatwagni* abnormalities, as well as *Kapha dosha* anomalies. Hence, in this clinical experiment, *Vamana karma* will be used to see how it affects hypothyroidism. Because in Ayurveda, the greatest remedy for vitiated *Kapha dosha* is *Vamana karma*. **Aim and Objective:** To evaluate the effect of *Vamana karma* in hypothyroidism**. Methodology:** A single subject was administrated with *Deepana Pachana*, followed by *Snehapana, Swedana*, *Vamana,* and *Samsargana krama*. **Result:** There are relevant changes in the thyroid profile.

INTRODUCTION

Hypothyroidism can occur in either fails to produce enough thyroid hormones or stops functioning altogether, by thyroid gland. Primary Hypothyroidism is defined as thyroid stimulating hormone concentration above the reference range and free thyroxine concentration belove the reference range. Mild or subclinical hypothyroidism is commonly regarded as sign of early thyroid failure[1]. The prevalence of overt hypothyroidism in general population ranges from 0.2% to 5.3% in Europe and 0.3% to 3.7% in USA respectively. The prevalence rate of hypothyroidism in India is higher than Europe and USA that is 11% compared with only 2% in U.K and 4.6% in USA. Compared with coastal cities (Mumbai, Goa and Chennai), inland cities like Kolkata, Bangalore, Delhi etc., have a higher prevalence.[2] The female to male ratio is approximately 6:1.[3] Hypothyroidism is not mentioned in Ayurveda as such. The clinical findings can be correlated to *Agnimandhya*, which is due to vitiation in *Kapha dosha*. Hence, *Vamana karma* is chosen, which is the best treatment for vitiated *Kapha.*

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AIMS AND OBJECTIVES

To evaluate the effect of *Vamana karma* in hypothyroidism.

Case

A 33 years old male patient with no h/o HTN, DM, DLP has been presented with cold intolerance, hair fall, muscle aches, and stiffness since one year. He was a diagnosed case of hypothyroidism and he was also suffering from low back pain radiating to right leg since 5 years.

Procedure

Deepana Pachana: With *Panchakola choornam* 5gm thrice, before food with hot water for 3 days (8/10/24 to 10/10/24).

Arohana Snehapana* - with *Varunadi gritham

Date	Time of *Snehapaana*	Dose	Time of appetite	Time of food in taken
11/10/24	6:00 am	30 ml	2:00 pm	2:15 pm
12/10/24	6:00 am	50 ml	2:25 pm	2:25 pm
13/10/24	6:00 am	75 ml	2:40 pm	2:45 pm
14/10/24	6:00 am	120 ml	2:57 pm	2:57 pm
15/10/24	6:00 am	150 ml	3:00 pm	3:00 pm
16/10/24	6:00 am	220 ml	3:10 pm	3:10 pm
17/10/24	6:00 am	300 ml	3:25 pm	3:25 pm

On seventh day (18/10/24) we got *Samyak snightha lakshana*, later external *Abhyanga*, *Ooshama sweda* and *Kapha vridhikara ahara* given. Then on the next day *Vamana karma* is done.

Pradhana Karma: *Navara payasam* - 150 ml

Milk – 3 L

Vamanopaga– *Yastimadhuphanta*– 3L and *Lavanodakam* - 3L

Vamana Aushada	**Dose**
Yastimadhu choornam	10 gm
Vacha choornam	2 gm
Madhana phala pippali	5 gm
Honey	25 ml
Induppu	5 gm

Paschat Karma

Dhoomapaana with *Haridradi varti*, then patient was subjected to *Peyadi Samsarjana Krama* for 7 days.

Vaigiki	***Maniki***	***Anthiki***
9 *Vegas* 3 *Upavegas*	*Pittanta*	8 and half Liter

RESULTS

	Before *Vamana*	**After *Vamana***
TSH	116.5 µIU/mL	14.36 µIU/mL
ATPO	31.16 IU/ml	19.45 IU/ml

According to the investigation, both serum TSH levels and serum ATPO values significantly decreased after *Vamana Karma.*

DISCUSSION

Hypothyroidism is a condition in which thyroid gland does not produce enough thyroid hormone, which result in increased TSH levels. In Ayurveda perspective, hypothyroidism can be come under the broad spectrum of *Kapha dusti* and *Agnimandya*. For *Kapha* vitiation in Ayurveda ultimate treatment is *Vamana*. Hence, we selected *Vamana* as the prime treatment. We done Deepana and *Pachana* with *Panchakola Churna*. *Deepana Pachana* medicines like *Pippali, Pippalimula, Chavya, Chitraka*, and *Nagara* are included in it. *Panchakola Churna* stimulates the appetite and digests *Ama* by *Amapachana*. Proper absorption of nutrients will become apparent once digestion has been restored. With *Varunadi Gritha, Shothanga Snehapana* was done. It has components such as *Citraka, Jaya, Shatavari, Saireyaka,* and *Varuna*. It also has *Kaphamedohara* properties, as mentioned in *Mandagni, Gulma, Andravridhhi*, and so on. It functions as an excellent analgesic and anti-inflammatory medication. Results of *Vaman karma* include weight loss, improved appetite, reduced joint pain, restful sleep, and reduced stress.

CONCUSION

According to the case studies mentioned above, *Vamana Karma* is very helpful for treating hypothyroidism. Serum ATPO and TSH levels in the blood are significantly reduced. *Dosha Nirharana, Ama Pachana,* and *Agni* are all enhanced by *Shodhana*. Firmly determined that *Vamana karma* is successful in treating hypothyroidism without showing any signs of problems or adverse effects.

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